



Utter MomSense

The monthly newsletter of MOPS – Mothers of Preschoolers @ Libertyville Evangelical Free Church

October 7, 2011

Standards & Flexibility by Amy Cope

I've started meeting with a group of high school girls on Sunday nights. After a few weeks, one of the girls looked at me, shocked, and said, "Amy, do you not own sweat pants?? You've worn jeans two weeks in a row!" I explained that it all stems back to this promise that I made myself back when I was pregnant: "I will not become a mom that wears leisure suits, pajamas, and sweatpants. I will get dressed every day."

I'm sure you're thinking, yeah, right, I'm sure she made it like a whole week. Actually, I've worn real pants every day of being a mom! If that isn't evidence of how stubborn we can be at times, what is?!

I set up lots of other standards and promises. Here are a few (and their outcomes):

- My kids will never miss bedtime (probably fewer than 10 times in 5 years).
- My kids won't drink pop (still holding strong).
- My dishes will be done at night (I get help on this one, but they are done!)
- We will never miss bath night (probably only a handful of times).

Then there's the list of ones that didn't work out at all.

- My kids will always be polite (ugh).
- I will make my husband's lunch for work (maybe happened a few times).
- I won't have the kid with food on his face and boogers under his nose (see 3rd child).
- I will not yell at my children (this even happens in public now).

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30 Day Mom Challenge

Mom's Ultimate To-Do List

1. Ask: "What is one thing we can do together, this month?"
2. Go the whole day without yelling at your children.
3. Hug your child three times today.
4. Kiss your child while they are sleeping.
5. Tell yourself, "He's only ____ years old. He's still a child." Then, treat him that way.
6. Bake, make, or buy them their favorite food.
7. Leave a sweet note for them.
8. Calculate how many more weekends are left until your child graduates high school.
9. Picture yourself at your child's age. Try to remember how you felt.
10. Today's mom focus: joy.
11. Tell your child, "I am so glad you're my son/daughter."
12. Pray for wisdom in mothering your child.
13. Do not criticize your child today.
14. Remember that being a mother is a gift.
15. Be firm when needed, but not harsh.
16. Picture what you want your child to be like at age 25. Mother with that in mind, today.
17. Laugh with your child today.
18. Who is a mom you admire? What quality of hers can you live out, today?
19. Teach your child one thing he can do on his own today.
20. Today's focus: patience.
21. Forgive yourself when you mess up.
22. How do you want your child to remember you? Be that mom, today.
23. Replace sarcasm with kindness.
24. Do not interrupt your child when he is talking.
25. Ask your child's opinion sometime today.
26. Make it a point to encourage your child today.
27. Do one thing that is good for your health: walk 10 minutes, eat a piece of fruit, or get a good night's sleep.
28. Teach your child a new word.
29. Turn off your phone, computer or TV today when your child is with you.
30. Today's focus: love.



(Standards & Flexibility -- continued from page 1)

Two things happen when I set up these standards: 1) I inevitably end up thinking this way of doing things is the only way things will work out, and 2) I end up being really hard on myself when I can't keep to them.

Then that leads to one more thing: I forget to be flexible. Maybe I'm in a stage right now where getting dishes done can't happen. Perhaps I'm missing a great opportunity for my kids by rushing home for naptime. When I set rigid standards that become my main focus, I lose sight of the experience I'm in. I become consumed with my failures instead of learning to change and adapt to where I am and where my family is right now. This is not the example I want to set for my children and not the way I want to live out my years as a mom!

So I need to start thinking, not just living by rigid standards. Maybe I need to reevaluate the purpose of this standard and see if it's really what is best right now. Perhaps it is, or perhaps it's time to set up new ways of doing things, perhaps it's time to break a rule. Maybe it's time to wear sweats... *(so I tried it and I was thinking about how I just really find jeans comfortable and wondered why the high school girls don't when I looked around and realized their jeans aren't comfortable! They wear these skinny jeans that would dig into my baby brewer and make it so I couldn't even bend my knees to sit on the floor never mind that my underwear would be hanging out of the top at the mere mention of sitting on the floor. So why are my jeans so comfy? Oh, no, I'm wearing mom jeans!!! And there you have it- standard broken, because I'm sure I swore I'd never wear mom jeans.)*

Coffee Fundraiser

One of the ways we keep costs down is doing several fundraisers during the year. This fall we're selling coffee:



<http://www.parklakechurch.com/#/missionary-coffee>

There are 8 delicious flavors to choose from, available in whole bean or ground. Cost is \$13/bag - Checks payable to LEFC. Order forms are being distributed today & **orders and money are due October 21st**. Contact Amy Cope with questions: abcupe@gmail.com 847-543-4761

Mom Only Events

- **Saturday, October 22nd - 9am-1pm at LEFC** - Cook Ahead morning. Prepare several freezer meals ahead of time with the help of other MOPS moms. Sign-up ahead of time so you'll know what to bring. Questions? See Karen Schweiss
- **Monday, November 14th - 7pm @ LEFC** - The Newly Wed Game
- **Thursday, December 8th - 7pm @ LEFC** - Christmas Project Night and Cookie Exchange
- **Thursday, January 26th - 7pm @ LEFC** - Swap and Game Night
- **Thursday, March 8th - 7pm @ LEFC** - Movie Night
- **Monday, April 30th - 7pm @ LEFC** - Cafe Night

Survey Says ... by Sharon Reid

It should be the start of a great season for most of our MOPS moms, because according to our survey, the majority prefers the Fall. Unfortunately for most of us, very few people voted for Winter, so we'll just have to enjoy the weather while it's here.

Many of us have a sweet tooth, maybe that will help us through the cold. God has blessed us with a talented group of women, with many talents ranging from crafting and volleyball to musical gifts and friendship. ...And favorite scents. Did you know two moms' favorite scent is fresh-cut grass and two moms also preferred gardenia?

While we each have individual preferences and talents we each have been placed as the Mother for our child and have this MOPS community to grow, find rest, and recharge!



Did you know our MOPS has a group on Facebook? Join us! [MOPS \(Mothers of Preschoolers\) at LEFC](#) Check in often!

Better Moms Make A Better World



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